

OVERCOMING CHALLENGES WITH **POSITIVE** **EMOTIONS**



Adversity challenges our resilience, but we can choose to view the situation as a setback or an opportunity for growth.

Ask These Questions to Identify Positive Meaning in Adversity and Generate Positive Emotions:

How have you changed spiritually?

In what areas are you stronger?

How have this year's challenges made you a better person?

What new opportunities have emerged?

What do you appreciate more now?

How are you closer with your loved ones?



Viewing adversity as an opportunity allows room for positive emotions like hope, confidence and relief in our lives.

Other benefits of positive emotions include:

Enhancing your creativity

Positive emotions help you think outside the box.

Enhancing your leadership

Leaders displaying positive emotions increase their employee's job satisfaction and effectiveness.

Enhancing your immune system

Coping with humor can help ward off illness.



For more ways to strengthen your resilience, connect with us at:

www.ArmyResilience.army.mil

@ArmyResilience  